

Pacific Swimming Senior Update: Spring/Summer



Spring Notes

Post-Section Walk-on Meets – May 17th

- Santa Clara host at SCSC
- WCAB host at DVC

These meet will run similar formats of one session short course and one session long course, and will be available for entry on Swim Connection

State Meet – May 22-23 (swimming begins at 2:30 each day), Diving May 21

- Held at Clovis West High School
- Note the Section qualifying automatic bids and the at-large qualifying. Qualification can only be achieved during the **finals session** of the Section meet.

NUMBER OF COMPETITORS

Sections are allowed the following entries as per State Federated Council rule: CIF Southern 5, CIF Central Coast 3, CIF Northern 1, CIF North Coast 3, CIF Central 2, CIF San Francisco 1, San Diego 3, CIF Los Angeles 2, CIF Oakland 1, CIF Sac-Joaquin 3

CIF State Meet At-Large Standards

Girls- Event-Boys 1:48.62 200 Medley Relay 1:35.22 // 1:51.29 200 Free 1:40.26 // 2:04.84 200 IM 1:53.91 / 24.04 50 Free 21.13 // 56.08 100 Fly 50.21 // 51.83 100 Free 46.65 // 4:59.23 500 Free 4:38.01 // 1:38.37 200 Free Relay 1:27.38 // 57.45 100 Back 50.91 // 1:04.33 100 Breast 58.04 // 3:34.38 400 Free Relay 3:11.41

Post State Meet Long Course Meet at Fresno State

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"We are running a day-after time trial meet at Fresno State for anyone interested. Please spread the word to anyone who would like to attend. Hopefully, it's pretty low key and we can get some good long course swims in that weekend. If anyone is interested in entering via hytek please email me for an event file, which I will create soon. I will also accept "hand entries" by email if you only have a few swimmers. Deck entries will be available as well if anyone decides last minute to come and swim."

Summer 2015 - Travel Support Update

Junior Nationals/Nationals

- \$750 (\$450 air plus \$300 stipend)

Sectionals (July 16-19 Canyons – Santa Clarita)

- \$200 per swimmer for the first eight swimmers/\$100 for the next eight (16 swimmer maximum, non-college, one-time per year, no coaches). Please note that there is a cap on funds for this program.
- You can indicate your interest in attending on EVENTBRITE
- **Sectional times are correct on the PacSwim website and are the same as last year (on times recap)**

Futures (this is a pilot program)

- \$300 per swimmer with no limit on swimmer count, non-college
- Swimmers must compete in the meet
- Swimmers must be in second season with Pacific Swimming
- Support will be available to one coach provided they have not met the two-meet maximum
- The form is on-line at PacSwim/Forms/Travel Support (can use Sectional Form)

Pacific Swimming 2015-2016: Senior Swimming

Please note that while the meet structure will remain the same, the time standards will revert to the USA Swimming National Motivational Time Standards (see handout) as designated below.

Structure/Standards (NMT)

The meet schedule is set and listed on the PacSwim Website

- Senior Open: 11&O, 13&O no proof of time, 11-12 NMT BB 15-16, no bonus
- Senior 2: 12&O, bonus=2 (no 12 year-old bonus), NMT A 15-16, bonus is BB
- Senior Circuit: 13&O, bonus 1=3, 2=2, 3=1, NMT AAA 15-16, bonus is A 15-16

Future plans

- The long-term transition plan will be to “overlay” a conference system on the foundational meet schedule of PacSwim
- Indications of interest: create an on-line survey to be submitted in September for each coach to “indicate” the meets they will be attending and with an approximate number of swimmers
- Refine Senior Circuit to create a high-level T/F meet attended by all teams

Other:

Coach Education

We continue to bring coach educational opportunities to Pacific Swimming coaches. This may be the form of:

- Russell Mark from USA Swimming returning
- Guest speakers
- Coach educational materials
- Clinic opportunities
- Possibly Genadijus Sokolovas (velocity testing)

Coach Mentoring

This is a USA Swimming sponsored program that we will implement in 2016. We will be looking for both coaches interested being mentored and those willing to be a mentor

Any questions, contact:

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